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What Growing Children Need

COMMONWEALTH OF PENNSYLVANIA
Department of Health

Dodger No. 8.

WHAT DO GROWING CHILDREN NEED?

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EVERY CHILD HAS THE RIGHT TO BE WELL BORN, WELL NOURISHED, AND WELL CARED FOR.

The following things are necessary for the child's best growth and development.

SHELTER.

Decent, clean, well-kept house.
Plenty of fresh air in the house, winter and summer.
Warm rooms in cold weather, not above 68 degrees.
Separate bed, with sufficient bedclothes to keep warm.
Sanitary indoor water-closet or outdoor privy.
Pure, abundant water supply.
A comfortable place to welcome friends and to play.

Has Your Child These?

FOOD.

Clean, simple, appetizing, well-cooked food.
The daily diet should include:
Milk, at least 1 pint a day.
Butter or some other form of fat.
Cereal and bread.
Cooked green vegetables, especially leafy vegetables.
Fruit.
Egg, meat or fish. If no one of these three is used, an additional pint of milk should be given.
Three square meals a day.
Meals at regular hours and sufficient time for them.
Dinner at noon for children under 7 years of age.

Has Your Child These?

CLOTHING.

Clean, whole, attractive garments.
Different clothing for day and night, suited to the climate.
Change of underclothes and nightgown at least weekly.
A change of stockings at least twice a week.

Warm underclothing and stockings in cold climates.
Heavy coat, cap and mittens for cold weather.
Shoes, free from holes, and long and wide enough.
Foot protection against rain and snow.

Has Your Child These?

HEALTH HABITS.

Bath every day, or at least twice a week.
Hands and face washed before meals and at bedtime.
Natural bowel movement every day.
Hands washed immediately after going to toilet.
Teeth brushed at least twice a day (morning and night).
Regular bed hour.
Ten to twelve hours of sleep at night, with open windows.

Has Your Child These?

PLAY AND COMPANIONSHIP.

A safe, clean, roomy place for outdoor and indoor play.
At least two hours outdoor play every day.
Constructive and suitable playthings and tools.
Some one with sympathetic oversight to direct the play.
The right sort of playmates.

Has Your Child These?

WISE PARENTS ARE A CHILD'S BEST ASSET.

EDUCATION AND WORK.

Schooling for at least nine months a year from 6 to 16 years of age.
Not more than two hours of house or farm "chores" outside of school hours.
Not enough work either in school or out to cause fatigue.
Vacation work, if any, must allow ample opportunity for the proper amount of rest and recreation.

Has Your Child These?

RELIGION AND MORAL TRAINING.

Opportunity for religious training.
Proper moral and spiritual influence in home.
Teaching of standards of right and wrong in daily life.
Mothering and instruction as to the facts of life.

Has Your Child These?

Always some trustworthy grown person near at hand to watch over children, at work or at play, without over interference or "policing." This is a good rule and constructive even at home sacrifice. It keeps mischief and vicious conduct at bay.

IS YOUR CHILD GETTING A SQUARE DEAL?

IF NOT, WHAT ARE YOU GOING TO DO ABOUT IT?

With Acknowledgments to the Children's Bureau,
Department of Labor.